

# September 2018

## EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>LABOR DAY</b> <b>CENTER CLOSED</b>	<b>4</b> 1pm: Caregiver Time Out 1pm: Vision Loss Support Group	<b>5</b> 10am: Diabetes Support Group	<b>6</b> 1pm: Alzheimer's Support	<b>7</b> Tech 9-1-1 (Sign Up For Time)
<b>10</b> 6:30pm: MS Support Group	<b>11</b> 1pm: Caregiver Time Out 6pm: ANGELS Support Group	<b>12</b>	<b>13</b> 9:30am: Powerful Tools For Caregivers Class 1pm: Stroke Support Group 1pm: Grief Support Group	<b>14</b>
<b>17</b>	<b>18</b> 1pm: Caregiver Time Out	<b>19</b> 10:30am: Parkinson's Support Group 2pm: Estate Planning Seminar	<b>20</b> 9:30am: Powerful Tools For Caregivers Class 1pm: Alzheimer's Support	<b>21</b> gam Health & Wellness Day
<b>24</b>	<b>25</b> 1pm: Caregiver Time Out 6pm: ANGELS Support Group	<b>26</b>	<b>27</b> 9:30am: Powerful Tools For Caregivers Class	<b>28</b>
<b>29</b>	<b>30</b> 1pm: Caregiver Time Out			

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.